

**Randomized Control Trials
of
Dialectical Behavior Therapy
since 2013**



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Bohus, M., Dyer, A. S., Priebe, K., Krüger, A., Kleindienst, N., Schmahl, C., Niedtfeld, I., & Steil, R. (2013). Dialectical behaviour therapy for post-traumatic stress disorder after childhood sexual abuse in patients with and without borderline personality disorder: A randomised controlled trial. *Psychotherapy and Psychosomatics*, 82(4), 221–233.

<https://doi.org/10.1159/000348451>

Country: Germany

Participants: Childhood and sexual abuse related PTSD (45% BPD); Age: 17-65 years

Treatments

- Residential DBT-PTSD (n=36)
- TAU-WL (treatment as usual)(Waitlist) (n=38)

DBT Modes

- 12 weeks of modified DBT
- 23 individual sessions (DBT + formal exposure)
- Weekly DBT skills groups & other group types
- Consultation team use unknown
- Phone coaching not applicable

Outcomes & Comments

- DBT-PTSD>TAU-WL in reducing PTSD.
- DBT-PTSD>TAU-WL in increasing global functioning and decreasing depression.
- DBT-PTSD=TAU-WL improving general psychopathology or BPD criteria.

Mazzeo, S. E., Lydecker, J., Harney, M., Palmberg, A. A., Kelly, N. R., Gow, R. W., Bean, M. K., Thornton, L. M., Tanofsky-Kraff, M., Bulik, C. M., Latzer, Y., & Stern, M. (2016). Development and preliminary effectiveness of an innovative treatment for binge eating in racially diverse adolescent girls. *Eating behaviors*, 22, 199–205.

<https://doi.org/10.1016/j.eatbeh.2016.06.014>

Country: United States of America

Participants: Met criteria for Loss of Control Eating Disorder (LOC-ED) or Binge-Eating Disorder (BED) in children; Age: 13-17 years

Treatments

- LIBER8(Linking Individuals Being Emotionally Real) (n=28)
- 2BFIT weight management control group (n=17)

DBT Modes

- 12 session group interventions delivered in weekly 1.5 hour sessions
- Skills training
- Mindfulness
- CBT(cognitive-based therapy)
- Self –monitoring through texts

Outcomes & Comments

- No group difference between LIBER8 and 2BFIT in eating disorder cognitions, dietary restraint, and eating in response to negative affect
- Mean attendance LIBER8 vs 2BFIT (64.9% vs 68.5%)
- Completed post-test LIBER8 vs 2BFIT (64.3% vs 76.5%)
- Completed follow up LIBER8 vs 2BFIT (42.9% vs 67.4%)

McMain, S. F., Guimond, T., Barnhart, R., Habinski, L., & Streiner, D. L. (2017). A randomized trial of brief dialectical behaviour therapy skills training in suicidal patients suffering from borderline disorder. *Acta psychiatrica Scandinavica*, 135(2), 138–148. <https://doi.org/10.1111/acps.12664>

<https://doi.org/10.1111/acps.12664>

Country: Canada

Participants: Met DSM-4 criteria for Borderline Personality (BPD); Age: 18-60 years

Treatments

- DBT (n=90)
- GPM (General Psychiatric Management) (n=90)

DBT Modes

- One year of treatment (outpatient)
- Individual sessions (1 hour weekly)
- Skills training (2 hours weekly)
- Phone Coaching (2 hours weekly)
- Consultation Team for therapists (2 hours weekly)

Outcomes & Comments

- DBT + GPM showed reduction in frequency and severity of suicidal and non-suicidal self-injurious episodes
- No significant difference between the DBT and GPM group
- Completed DBT vs GPM (61.1% vs 62.2%)

Chen, E. Y., Cacioppo, J., Fettich, K., Gallop, R., McCloskey, M. S., Olino, T., & Zeffiro, T. A. (2017). An adaptive randomized trial of dialectical behavior therapy and cognitive behavior therapy for binge-eating. *Psychological medicine*, 47(4), 703–717.

<https://doi.org/10.1017/S0033291716002543>

Country: United States of America

Participants: Met DSM-5 criteria for Bulimia Nervosa (BN) or Binge-Eating Disorder (BED); Age: 18 years and up

Treatments

- DBT (n=36)
- CBT (Cognitive-based therapy) (n=31)
- cGSH (continued guided self-help cognitive behavior therapy) (n=42)

DBT Modes

- 6 months of weekly sessions
- 2 hours of skills group
- 1 hour of individual therapy
- 2 hours with a therapist consultation team
- 24-hour phone coaching

Outcomes & Comments

- No difference in superiority of DBT and CBT for weak responders of cGSH in objective binge day frequency
- Completed DBT vs CBT (69.4% vs 54.8%)

Görg, N., Priebe, K., Böhnke, J. R., Steil, R., Dyer, A. S., & Kleindienst, N. (2017). Trauma-related emotions and radical acceptance in dialectical behavior therapy for posttraumatic stress disorder after childhood sexual abuse. *Borderline personality disorder and emotion dysregulation*, 4, 15. <https://doi.org/10.1186/s40479-017-0065-5>

<https://doi.org/10.1186/s40479-017-0065-5>

Country: Germany

Participants: Current diagnosis of PTSD related to childhood sexual abuse; Age: 17-65 years

Treatments

- DBT-PTSD (n=39)
- TAU (treatment as usual) waitlist control group (n=39)

DBT Modes

- 12 and 14 weeks of a modular residential treatment
- Group skills training and psychoeducation
- Individual psychotherapy (with target hierarchy)
- Trauma-focused cognitive and exposure-based interventions
- Radical acceptance of trauma related facts and on psychosocial aspects

Outcomes & Comments

- Does not report on differences between DBT and TAU
- Completed DBT vs TAU (64.1% vs 20.5%)

Perepletchikova, F., Nathanson, D., Axelrod, S. R., Merrill, C., Walker, A., Grossman, M., Rebeta, J., Scahill, L., Kaufman, J., Flye, B., Mauer, E., & Walkup, J. (2017). Randomized Clinical Trial of Dialectical Behavior Therapy for Preadolescent Children With Disruptive Mood Dysregulation Disorder: Feasibility and Outcomes. *Journal of the American Academy of Child and Adolescent Psychiatry*, 56(10), 832–840.

<https://doi.org/10.1016/j.jaac.2017.07.789>

Country: United States of America

Participants: DSM-5 criteria for Disruptive Mood Dysregulation Disorder (DMDD); Age: 7-12 years

Treatments

- DBT-C (Dialectical Behavior Therapy with Pre-adolescent children) (n=21)
- TAU (treatment as usual) (n=22)

DBT Modes

- 32 weekly 90-min sessions
- Individual therapy
- Skills training
- Phone coaching calls
- Therapist team consultation
- Parent Training

Outcomes & Comments

- DBT-C>TAU; children had higher positive response rate on the Clinical Global Impression-Improvement scale and improved behavior outbursts and angry/irritable mood in the DBT condition
- Completed DBT vs TAU (100% vs 63.6%)

Harned, M. S., Wilks, C. R., Schmidt, S. C., & Coyle, T. N. (2018). Improving functional outcomes in women with borderline personality disorder and PTSD by changing PTSD severity and post-traumatic cognitions. *Behaviour research and therapy*, 103, 53–61.

<https://doi.org/10.1016/j.brat.2018.02.002>

Country: United States of America

Participants: Met DSM-4 criteria for Post-Traumatic Stress Disorder(PTSD); Age: 18-60 years

Treatments

- DBT + DBT prolonged exposure protocol (PE) (n=17)
- DBT (n=9)

DBT Modes

- One year of treatment(outpatient)
- Individual psychotherapy (1hour/week)
- Group skills training (2.5 hours/week)
- Phone Consultation (as needed)
- Therapist Consultation team

Outcomes & Comments

- DBT + DBT-PE>DBT on global social adjustment, healthy-related quality of life and achieving good global functioning, but not interpersonal problems or quality of life
- Completion of DBT + DBT-PE (47.1%)

McCauley, E., Berk, M. S., Asarnow, J. R., Adrian, M., Cohen, J., Korlund, K., Avina, C., Hughes, J., Harned, M., Gallop, R., & Linehan, M. M. (2018). Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide: A Randomized Clinical Trial. *JAMA psychiatry*, 75(8), 777–785.

<https://doi.org/10.1001/jamapsychiatry.2018.1109>

Country: United States of America

Participants: Prior lifetime suicide attempt (≥ 3 prior self-harm episodes, suicidal ideation, or emotional dysregulation); Age: 12-18 years

Treatments

- DBT (n=86)
- IGST (Individual and Group Supportive Therapy) (n=87)

DBT Modes

- DBT standardized treatment for 6 months
- Weekly psychotherapy
- Therapist consultation team meeting

Outcomes & Comments

- Support the efficacy of DBT for reducing self-harm and suicide attempts in highly suicidal self-harming adolescents

Sahin, Z., Vinnars, B., Gorman, B. S., Wilczek, A., Åsberg, M., & Barber, J. P. (2018). Clinical severity as a moderator of outcome in psychodynamic and dialectical behavior therapies for borderline personality disorder. *Personality disorders, 9(5)*, 437–446.

<https://doi.org/10.1037/per0000276>

Country: Sweden

Participants: Met DSM-4 and International Classification of Diseases (ICD-10) criteria for Borderline Personality Disorder (BPD); Age: 18-65 years

Treatments

- DBT (n=35)
- ORP (Object-relational Psychotherapy) (n=36)
- TAU (n=35)

DBT Modes

- One year of treatment
- Biweekly individual psychotherapy
- Weekly 2-hour group skills training
- Phone consultation

Outcomes & Comments

- ORP>DBT+TAU for patients with lower psychiatric severity
- ORP=DBT=TAU; all three resulted in similar improvements in overall levels of functioning at higher levels of psychiatric severity
- Completed DBT vs ORP vs TAU (85.7% vs 75% vs 100%)

Bianchini, V., Cofini, V., Curto, M., Lagrotteria, B., Manzi, A., Navari, S., Ortenzi, R., Paoletti, G., Pompili, E., Pompili, P. M., Silvestrini, C., & Nicolò, G. (2019). Dialectical behaviour therapy (DBT) for forensic psychiatric patients: An Italian pilot study. *Criminal behaviour and mental health : CBMH*, 29(2), 122–130.

<https://doi.org/10.1002/cbm.2102>

Country: Italy

Participants: DSM-5 diagnosis of Borderline Personality Disorder (BPD); Age: 30-50 years

Treatments

- DBT with REMS (Residenze per L'Esecuzione delle Misure di Sicure) (n=10)
- Just REMS (n=11)

DBT Modes

- 12 months of 60 min session
- Individual therapy
- Weekly group therapy sessions
- Coaching in mindfulness

Outcomes & Comments

- DBT with REMS > REMS; significant reduction in motor impulsivity scores measured by the BIS-11 (Barratt Impulsiveness Scale), and emotional regulation measured by DERS (Difficulties Emotion Regulation Scale) total score

Lammers, M. W., Vroling, M. S., Crosby, R. D., & van Strien, T. (2020). Dialectical behavior therapy adapted for binge eating compared to cognitive behavior therapy in obese adults with binge eating disorder: a controlled study. *Journal of eating disorders*, 8(1), 27.

<https://doi.org/10.1186/s40337-020-00299-z>

Country: Netherlands

Participants: Included only a BMI (Body Mass Index) greater than or equal to 30; Age: 18 years and up

Treatments

- DBT-BED (Dialectical Behavior Therapy for Binge Eating Disorder) (n=41)
- CBT+(intensive Cognitive Based Therapy) (n=33)

DBT Modes

- 20 group sessions over 20 weeks with 2-hour sessions each week
- First two sessions focus on goals of therapy
- 2nd phase(sessions 3-18): 3 modules comprising of mindfulness, emotion regulation, and distress tolerance
- 3rd phase (sessions 19-20): review and enhancement of learned skills and plans for future

Outcomes & Comments

- CBT+>DBT-BED in greater reduction in EDI-3 Low Self Esteem and overall produce better outcomes
- Completion of DBT-BED vs CBT+ (65% vs 45.8%)

Tavakoli, T., Hoseini, M., Tabatabaee, T. S. J., Rostami, Z., Mollaei, H., Bahrami, A., Ayati, S., & Bijari, B. (2020). Comparison of dialectical behavior therapy and anti-anxiety medication on anxiety and digestive symptoms in patients with functional dyspepsia. *Journal of research in medical sciences : the official journal of Isfahan University of Medical Sciences*, 25, 59.

https://doi.org/10.4103/jrms.JRMS_673_19

Country: Iran

Participants: Diagnosis of functional dyspepsia based on the ROME III protocol; Age: 18-50 years

Treatments

- DBT (n=20)
- Anxiolytic drug treatment group (n=20)
- Control (n=20)

DBT Modes

- Eight 90-min weekly sessions
- Each session includes presentation of goals and topics related to that session
- Discussion and internship sessions
- Out of class exercises

Outcomes & Comments

- DBT > control and anxiolytic drug in decrease in severity of functional dyspepsia
- No difference between treatment groups in Beck Anxiety Inventory Score

Walton, C. J., Bendit, N., Baker, A. L., Carter, G. L., & Lewin, T. J. (2020). A randomised trial of dialectical behaviour therapy and the conversational model for the treatment of borderline personality disorder with recent suicidal and/or non-suicidal self-injury: An effectiveness study in an Australian public mental health service. *The Australian and New Zealand journal of psychiatry*, 54(10), 1020–1034.

<https://doi.org/10.1177/0004867420931164>

Country: Australia

Participants: DSM-4 diagnosis of Borderline Personality Disorder (BPD); Age: 18-65 years

Treatments

- DBT (n=83)
- Conversational Model (n=83)

DBT Modes

- 14-month treatment
- Weekly individual therapy
- Weekly group skills training
- Access to after-hours phone coaching

Outcomes & Comments

- DBT > conversational model in reduction of depression scores
- No difference between treatment models in reduction of suicidal and non-suicidal self-injury

Bohus, M., Kleindienst, N., Hahn, C., Müller-Engelmann, M., Ludäscher, P., Steil, R., Fydrich, T., Kuehner, C., Resick, P. A., Stiglmayr, C., Schmahl, C., & Priebe, K. (2020). Dialectical Behavior Therapy for Posttraumatic Stress Disorder (DBT-PTSD) Compared With Cognitive Processing Therapy (CPT) in Complex Presentations of PTSD in Women Survivors of Childhood Abuse: A Randomized Clinical Trial. *JAMA psychiatry*, 77(12), 1235–1245.

<https://doi.org/10.1001/jamapsychiatry.2020.2148>

Country: Germany

Participants: Met DSM-4 criteria for Borderline Personality Disorder (BPD) and childhood abuse Post-traumatic Stress Disorder (PTSD); Age: 18-65 years

Treatments

- DBT-PTSD(Dialectical Behavior Therapy-Post-traumatic Stress Disorder) (n=103)
- CPT intervention (Cognitive Processing Therapy) (n=97)

DBT Modes

- 45 weekly sessions over 1 year
- Individual therapy
- Homework assignments
- Phone consultation as needed

Outcomes & Comments

- DBT-PTSD>CPT in improved CAPS-5 score
- Participants in the DBT-PTSD group were less likely to drop out early than CPT intervention group

Moritz, G. R., Pizutti, L. T., Cancian, A. C. M., Dillenburg, M. S., de Souza, L. A. S., Lewgoy, L. B., Basso, P., Andreola, M. M. P., Bau, C. H. D., Victor, M. M., Teche, S. P., Grevet, E. H., Philipsen, A., & Rohde, L. A. P. (2021). Feasibility trial of the dialectical behavior therapy skills training group as add-on treatment for adults with attention-deficit/hyperactivity disorder. *Journal of clinical psychology*, 77(3), 516–524.

<https://doi.org/10.1002/jclp.23049>

Country: Brazil

Participants: Met DSM-5 criteria for ADHD and stable medication treatment; Age: 18-60 years

Treatments

- DBT-ST(Dialectical Behavior Therapy-Skills Training) (n=16)
- TAU (n=15)

DBT Modes

- 12-week standard DBT

Outcomes & Comments

- DBT-ST has showed no significantly higher improvement in ADHD symptoms in comparison to TAU
- DBT-ST completion rate of 81.25%

Ramsey, W. A., Berlin, K. S., Del Conte, G., Lightsey, O. R., Schimmel-Bristow, A., Marks, L. R., & Strohmer, D. C. (2021). Targeting self-criticism in the treatment of nonsuicidal self-injury in dialectical behavior therapy for adolescents: a randomized clinical trial. *Child and adolescent mental health, 26*(4), 320–330.

<https://doi.org/10.1111/camh.12452>

Country: United States of America

Participants: two episodes of NSSI(non-suicidal self-injury), at least one of which occurred in the last 16 weeks, between the ages of 10 and 19; Age: 10-18 years

Treatments

- DBT-A(n=21)
- DBT A Plus (additional cognitive intervention for NSSI) (n=19)

DBT Modes

- Delivered over 7 weeks in partial hospitalization
- Weekly individual therapy
- Problem-solving group
- Skills training
- Telephone coaching
- Consultation group

Outcomes & Comments

- There was no evidence of an indirect effect of targeting self-criticism upon NSSI at post-treatment via post-treatment self-criticism
- DBT-A Plus compared to DBT-A was associated with a 100% lower frequency of NSSI at post-treatment for individuals with pretreatment levels of self-criticism

Nourisaeed, A., Ghorban-Shiroudi, S., & Salari, A. (2021). Comparison of the effect of cognitive-behavioral therapy and dialectical behavioral therapy on perceived stress and coping skills in patients after myocardial infarction. *ARYA atherosclerosis*, 17(2), 1–9.

<https://doi.org/10.22122/arya.v17i0.2188>

Country: Iran

Participants: Cardiovascular Disease-Myocardial Infraction (MI); Age: 25-45 years

Treatments

- DBT (n=15)
- CBT (n=15)
- Control (n=15)

DBT Modes

- 8 weekly 90 min sessions of group therapy
- Sessions included goals and discussion
- Mindfulness practices

Outcomes & Comments

- DBT>CBT on perceived stress and coping skills in patients after MI
- DBT>CBT in improving emotion-focused coping

Jones, J., Blinkhorn, A., McQueen, M., Hewett, L., Mills-Rogers, M. J., Hall, L., Althagafi, L., Hudson, C., Gierc, M., Wright, K., Goettl, H., Keogh-Lim, D., Rischke-Peddle, A., & Ayub, M. (2021). The adaptation and feasibility of dialectical behaviour therapy for adults with intellectual developmental disabilities and transdiagnoses: A pilot community-based randomized controlled trial. *Journal of applied research in intellectual disabilities* : JARID, 34(3), 805–817.

<https://doi.org/10.1111/jar.12860>

Country: Canada

Participants: Mild to moderate intellectual disability; Age: 18-65 years

Treatments

- aDBT-ID(adapted DBT for intellectual disability) (n=10) along with caregivers(n=10)
- Control (n=10) along with caregivers(n=10)

DBT Modes

- Sessions were held weekly for 2 hours over 12 weeks

Outcomes & Comments

- aDBT-ID>Control which is feasible and beneficial to deliver in community with intellectual disabilities

Asarnow, J. R., Berk, M. S., Bedics, J., Adrian, M., Gallop, R., Cohen, J., Korlund, K., Hughes, J., Avina, C., Linehan, M. M., & McCauley, E. (2021). Dialectical Behavior Therapy for Suicidal Self-Harming Youth: Emotion Regulation, Mechanisms, and Mediators. *Journal of the American Academy of Child and Adolescent Psychiatry*, 60(9), 1105–1115.e4.

<https://doi.org/10.1016/j.jaac.2021.01.016>

Country: United States of America

Participants: 1 or more lifetime suicide attempts; 3 or more lifetime self-harm attempts; greater than or equal to 24 on the Suicidal Ideation Junior Questionnaire; DSM-5 BPD disorder criteria; Age: 13-15 years

Treatments

- DBT(n=86)
- IGST (Individual and Group Supportive Therapy)(n=87)

DBT Modes

- 12-month standard DBT treatment
- Weekly individual psychotherapy
- Multi-family group skills training
- Brief youth and parent telephone coaching focused on skill
- Use/crisis support available 24 hours
- Weekly therapist team

Outcomes & Comments

- DBT>IGST in greater improvements on youth emotion regulation
- Completion DBT vs IGST (80.2% vs 73.6%)

Kivity, Y., Levy, K. N., Kelly, K. M., & Clarkin, J. F. (2021). In-session reflective functioning in psychotherapies for borderline personality disorder: The emotion regulatory role of reflective functioning. *Journal of consulting and clinical psychology, 89(9)*, 751–761.

<https://doi.org/10.1037/ccp0000674>

Country: United States of America

Participants: Met DSM-4 criteria for BPD; Age: 19-52 years

Treatments

- TFP(Transference-focused psychotherapy) (n=30)
- DBT (n=29)
- SPT(Supportive psychodynamic therapy) (n=29)

DBT Modes

- 12 months of treatment
- Individual therapy
- Group skills training
- Phone coaching
- Consultation teams with therapists

Outcomes & Comments

- TFP>DBT+SPT; predicted lower emotional arousal

Liang, L., Feng, L., Zheng, X., Wu, Y., Zhang, C., & Li, J. (2021). Effect of dialectical behavior group therapy on the anxiety and depression of medical students under the normalization of epidemic prevention and control for the COVID-19 epidemic: a randomized study. *Annals of palliative medicine*, 10(10), 10591–10599.

<https://doi.org/10.21037/apm-21-2466>

Country: China

Participants: Age:18-23 years

Treatments

- DBT (n=26)
- Control (n=26)

DBT Modes

- Group DBT interventions were performed 8 times, twice weekly for about 90 min each

Outcomes & Comments

- DBT>control in alleviating anxiety and depression of medical students during the normalization of epidemic prevention and control

Kleindienst, N., Steil, R., Priebe, K., Müller-Engelmann, M., Biermann, M., Fydrich, T., Schmahl, C., & Bohus, M. (2021). Treating adults with a dual diagnosis of borderline personality disorder and posttraumatic stress disorder related to childhood abuse: Results from a randomized clinical trial. *Journal of consulting and clinical psychology, 89(11), 925–936.*

<https://doi.org/10.1037/ccp0000687>

Country: Germany

Participants: Met DSM-4 criteria for BPD and co-occurring PTSD

Treatments

- DBT-PTSD (n=43)
- CPT (Cognitive Processing Therapy) (n=50)

DBT Modes

- 45 weekly therapeutic sessions during the first 12 months, followed by a booster phase with 3 additional sessions during the following three months
- Individual therapy
- Homework assignments
- Phone consultations

Outcomes & Comments

- DBT-PTSD > CPT in differential effect for both PTSD and BPD as well as their symptoms
- 39 people drop out (DBT-PTSD=32.6% vs CPT=50.0%)

Byrd, A. L., Lee, A. H., Frigoletto, O. A., Zalewski, M., & Stepp, S. D. (2021). Applying new RDoC dimensions to the development of emotion regulation: Examining the influence of maternal emotion regulation on within-individual change in child emotion regulation. *Development and psychopathology*, 33(5), 1821–1836.

<https://doi.org/10.1017/s0954579421000948>

Country: United States of America

Participants: Met DSM-4 criteria for BPD for half the mothers; Age for mother: 25-45 years; Age for child: 35-47 months

Treatments

- DBT (n=14)
- WLC (Waitlist control) (n=25)
- HC (Healthy Control) (n=38)

DBT Modes

- 12-month standard DBT

Outcomes & Comments

- DBT>WLC in improvements in emotional regulation(ER)
- DBT+WLC>HC showed greater improvements in ER difficulties across 12 months
- Completion of all treatment groups at 12 months is 45.9%

Guimond, T. H., Varma, S., Wnuk, S. M., & McMMain, S. F. (2022). A longitudinal approach to evaluating therapist and client contributions to alliance on outcomes in borderline personality disorder. *Personality disorders, 13*(6), 583–596.

<https://doi.org/10.1037/per0000526>

Country: United States of America

Participants: Met DSM-5 criteria for BPD: Age: 20-40 years

Treatments

- DBT (n=90)
- GPM (General Psychiatric Management) (n=90)

DBT Modes

- 12-month Standard DBT

Outcomes & Comments

- Time varying alliance is a better predictor of rate of changes in outcomes compared with alliance measured at a single point
- Client, not therapist, contribution to alliance was significant in predicting outcomes

Halmøy, A., Ring, A. E., Gjestad, R., Møller, M., Ubostad, B., Lien, T., Munkhaugen, E. K., & Fredriksen, M. (2022). Dialectical behavioral therapy-based group treatment versus treatment as usual for adults with attention-deficit hyperactivity disorder: a multicenter randomized controlled trial. *BMC psychiatry*, 22(1), 738.

<https://doi.org/10.1186/s12888-022-04356-6>

Country: Norway

Participants: DSM-IV criteria for ADHD; Age: 21-59 years

Treatments

- DBT-bGT(Dialectical behavior therapy-based group treatment (n=50)
- TAU (n=54)

DBT Modes

- 14 weekly sessions of 2 hours
- Psychoeducation
- Acceptance
- Mindfulness
- Functional behavioral analysis
- Individual coaching

Outcomes & Comments

- DBT-bGT>TAU in reducing executive dysfunction, core symptoms of ADHD and improving quality of life
- Completion of DBT-bGT vs TAU (92% vs 74.1%)

Afshari, B., Jafarian Dehkordi, F., Asgharnejad Farid, A. A., Aramfar, B., Balagabri, Z., Mohebi, M., Mardi, N., & Amiri, P. (2022). Study of the effects of cognitive behavioral therapy versus dialectical behavior therapy on executive function and reduction of symptoms in generalized anxiety disorder. Trends in psychiatry and psychotherapy, 44, e20200156.

<https://doi.org/10.47626/2237-6089-2020-0156>

Country: Iran

Participants: General Anxiety Disorder(GAD) diagnosed by psychiatrist; Age:21-35 years

Treatments

- DBT (n=36)
- CBT (n=36)

DBT Modes

- Standard DBT session
- 16, 1-hour sessions focused on mindfulness skills, distress tolerance, emotion regulation and interpersonal effectiveness skill

Outcomes & Comments

- DBT>CBT; DBT led to improvement of all research variables in patients with GAD in the DBT group; greater effective of Executive Function(EF)
- Completion of DBT vs CBT (94.4% vs 91.7%)

Hughes, A. J., Botanov, Y., & Beier, M. (2022). Dialectical behavior therapy skills training for individuals with multiple sclerosis and their support partners: A pilot randomized controlled trial. *Multiple sclerosis and related disorders*, 59, 103481.

<https://doi.org/10.1016/j.msard.2021.103481>

Country: United States of America

Participants: Met criteria for Multiple Sclerosis; Age: 35-63 years

Treatments

- DBT (n=20)
- FPS (Facilitated Peer Support) (n=20)

DBT Modes

- 12 weeks of Standard DBT

Outcomes & Comments

- DBT>FPS in greater reduction of anxiety and depression symptoms
- 86% individuals screened were eligible for the trial and retention(70%) did differ between study arms

Lammers, M. W., Vroling, M. S., Crosby, R. D., & van Strien, T. (2022). Dialectical behavior therapy compared to cognitive behavior therapy in binge-eating disorder: An effectiveness study with 6-month follow-up. *The International journal of eating disorders*, 55(7), 902–913.

<https://doi.org/10.1002/eat.23750>

Country: Netherlands

Participants: Met DSM-4 criteria Binge-Eating Disorder (BED); Age: 18-60 years

Treatments

- DBT-BED (n=42)
- CBT+ (n=133)

DBT Modes

- 6-month Standard DBT

Outcomes & Comments

- CBT+>DBT-BED in decrease of global eating disorder psychopathology
- Dropout of treatment CBT+ vs DBT-BED (15.0% vs 19.0%)

McMain, S. F., Chapman, A. L., Kuo, J. R., Dixon-Gordon, K. L., Guimond, T. H., Labrish, C., Isaranuwachai, W., & Streiner, D. L. (2022). The Effectiveness of 6 versus 12 Months of Dialectical Behavior Therapy for Borderline Personality Disorder: A Noninferiority Randomized Clinical Trial. *Psychotherapy and psychosomatics*, 91(6), 382–397.

<https://doi.org/10.1159/000525102>

Country: United States of America

Participants: Met DSM-4 criteria for BPD; Age: 18-60 years

Treatments

- DBT-6 months (n=120)
- DBT-12 months (n=120)

DBT Modes

- Standard DBT
- Weekly individual therapy sessions
- Weekly skills training group sessions
- Telephone consultation as needed
- Weekly therapist consultation as needed

Outcomes & Comments

- DBT-6 months > DBT-12 months; showed more rapid reduction in BPD criterion behaviors and general psychopathology

Meyer, J., Zetterqvist, V., Unenge Hallerbäck, M. et al. Moderators of long-term treatment outcome when comparing two group interventions for adolescents with ADHD: who benefits more from DBT-based skills training?. BMC Psychiatry 22, 767 (2022).

<https://doi.org/10.1186/s12888-022-04435-8>

Country: Sweden

Participants: Clinical diagnosis of Attention-deficit/hyperactivity disorder (ADHD) according to the International Classification of Disease (ICD-10); Age: 15-18 years

Treatments

- SSTG (Structured Skills Training Group) (n=71)
- Control Group (Psychoeducational control intervention) (n=57)

DBT Modes

- 14 weekly, 2-hour sessions
- SSTG: age-adapted version of a manualized DBT-based group program originally developed for adults with ADHD
- Skills training
- Group discussion
- Homework assignments between sessions

Outcomes & Comments

- No group differences in favor of the SSTG were observed in any of the study outcomes
- Initiation of treatment SSTG vs Control Group (62% vs 76%)
- Completion of treatment in homework completion SSTG vs Control Group (45% vs 43%)

Simon, G. E., Shortreed, S. M., Rossom, R. C., Beck, A., Clarke, G. N., Whiteside, U., Richards, J. E., Penfold, R. B., Boggs, J. M., & Smith, J. (2022). Effect of Offering Care Management or Online Dialectical Behavior Therapy Skills Training vs Usual Care on Self-harm Among Adult Outpatients With Suicidal Ideation: A Randomized Clinical Trial. *JAMA*, 327(7), 630–638.

<https://doi.org/10.1001/jama.2022.0423>

Country: United States of America

Participants: Outpatients reporting frequent suicidal thoughts identified using routine Patient Health Questionnaire depression screening; Age: 18 years and up

Treatments

- Usual care (n=6187)
- DBT skills training (n=6227)
- Care management (n=6230)

DBT Modes

- 12 months standard DBT

Outcomes & Comments

- Usual care > DBT and care management
- Care management did not significantly reduce risk of self-harm
- DBT increased risk of self-harm

Keefe, J. R., Levy, K. N., Sowislo, J. F., Diamond, D., Doering, S., Hörz-Sagstetter, S., Buchheim, A., Fischer-Kern, M., & Clarkin, J. F. (2023). Reflective functioning and its potential to moderate the efficacy of manualized psychodynamic therapies versus other treatments for borderline personality disorder. *Journal of consulting and clinical psychology, 91*(1), 50–56.

<https://doi.org/10.1037/ccp0000760>

Country: United States of America

Participants: Met DSM-4 criteria for BPD: Ages: 21-37 years

Treatments

- Clarkin et al. Trial
- TFP (transference-focused psychotherapy) (n=29)
- DBT (n=31)
- SPT (supportive psychodynamic therapy) (n=28)

DBT Modes

- 12 months of DBT treatment
- Weekly individual therapy
- Skills training group
- As needed emergency phone consultation session
- Therapist team consultation

Outcomes & Comments

- TFP and SPT > DBT at low reflective functioning